



ON SITE ACTIVITIES

56 Walton St., Asheville

Brother 2 Brother BREAKFAST CLUB

**Saturday,
September 14**

Prostate & Diabetes
Health. 8 a.m. at the
ABIPA office.

Healthy Breakfast
Options provided
by



**To schedule
ABIPA for your
organization or
church events, call
(828) 251-8364.**

Donate to ABIPA

Tax deductible donations
can be made by sending a
check to: ABIPA, PO Box
448, Asheville, NC 28802;
or click the donation tab at
www.abipa.org.

*Thank you
for your support!*

*Thank you to our funding
partner agencies for making
this page possible.*



and the
**Buncombe County
Service Foundation**

ABIPA

56 Walton Street
Asheville, NC 28801

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Fax: (828) 251-8365

Mailing address:
PO Box 448
Asheville, NC 28802

Asheville Buncombe Institute of Parity Achievement

*ABIPA promotes economic,
social, and healthy parity
achievement for African
Americans and other people
of color in Buncombe
County through advocacy,
education, research, and
community partnerships.*

www.ABIPA.org

ABIPA Health Highlights

CELEBRATING 10 YEARS OF SERVICE TO THE COMMUNITY

LOCATE • EDUCATE • NAVIGATE • ADVOCATE



You Are Never Too Young to Lead

by Je'Wana Grier-McEachin, Executive Director
Photo by JaiEssence McEachin

What comes to mind when you think of a leader?

What is the visual you get of "that" person? I believe that you can and should identify and cultivate leadership skills in children at an early age. Every generation the leadership torch is passed. I am proud to be able to share this platform again with Raeqwon Griffen:

Leadership & Success

BY RAEQWON GRIFFEN

Leadership: /lee-der-ship/; noun; the position or function of a leader; a person who guides or directs a group.

To me it's a humbling experience to be recognized as a leader in my community! I have no doubt in my mind that CAYLA has changed my life. When I think of CAYLA I think of family, love, support, community, and most importantly a platform to be heard.

Being successful is one of my goals in life, but I'm not only striving for success in the classroom and in my community but also on the track and the football field. I play football and run track for Asheville High School. As an athlete it's important to be healthy.

Being able to meet the psychi-

cal ability of a football player as well as a track runner is very critical! I have to train my body and stay healthy year long, so of course I have to stay physically fit.

Along with physical health, mental wellness is in high demand when playing a sport. You must maintain the motivation, passion, and determination to prosper in athletics. Being healthy is important to me so I always try to keep myself busy and active, along with challenging every aspect of myself!

This summer has helped me connect with the people within my community that want to make a change. I want to recognize Preston Roach, I have formed a relationship with him that I now deeply value. I met Preston about three years ago when he MC'ed the Me 2 We conference at UNCA.

This summer we reconnected through his new position as the



director of the Urban Mentoring Academy in Pisgah View. This man has been more than a mentor to me and I couldn't be more thankful for him. He embodies determination and courage with his everyday actions and I truly admire his availability in my life. He gave me the greatest gift anyone could give another person, he believed in me!

It takes a special man to not only do good for himself but to service others and give back to the community wholeheartedly! As a young African American male I aspire to be half the man Preston is today!

I would also like to thank Ms. Erika (the founder of CAYLA), Ms. JéWana, Mrs. Sara, Miss Hallum, my family, and my friends who have all been supportive for my success.



Celebrate the End of Summer with ABIPA!

Spend the afternoon in the country for our community cook-out and fundraiser at Hickory Nut Gap Farm.

Featuring local food, hiking, pony rides, and an auction. Live music provided by 3000 Souls! Meet John Ager, our NC House 115 district candidate.

Join us on Sunday, August 31 from 5-8 p.m. at Hickory Nut Gap Farm, 57 Sugar Hollow Road in Fairview, NC. Adults \$15; Couples \$25; Family (2 adults + children) \$30; Groups of 10 or more, \$10 per person. For details call (828) 251-8364.

Community is What Drives ABIPA

by Kathey Avery, RN

ABIPA is a non-profit organization dedicated to preventing diseases that are preventable in our community and having the healthiest communities in WNC. We have a focus on the underserved populations in our community who may not receive health care education that will support them in achieving good health outcomes.

We also educate any individuals that need preventive care education and lifestyle support. We educate, navigate, and advocate for our communities through lifestyle changes, the health care system, and any barriers that may



Kathey Avery, RN

keep the community from living a successful and holistic life.

This month is a time to think about sunshine fun, family, and community. We invite you to join us in celebrating the end of summer as a community in the beautiful countryside of Fairview with our hosts

Annie and John Ager.

Their support of ABIPA is humbling, and your support is what keeps us going.

We hope to see you all at our summer Community Cookout in the Country, where we will share fun, music, and a sense of community.

August 2014

Off Site Activities

Lunch & Learns

Healthy Living

Every Wednesday

From 1:00 to 2:00 p.m. at the Linwood Crump Shiloh Recreation Complex.

Ladies Night Out



**First Thursday of
each month from
4-8 p.m.**

FREE physicals, mammograms, and health education for qualifying uninsured or underinsured women. Transportation provided. Free childcare, refreshments, blood-pressure checks, cholesterol screenings, and pap smears. Call (828) 250-6006 to make your appointment.

Building Better Balance



Take 10 minutes to learn more about your state of balance. Receive information on building better balance and reducing the likelihood of a fall.

Saturday, August 23

2-4 p.m. at Bethel Seventh Day Adventist Church, 238 S. French Broad Ave.

Sponsored by the WNC Fall Prevention Coalition, Land of Sky, and Bethel Seventh Day Adventist Church.



Living Healthy with a Chronic Condition

A six-week workshop to help people feel better, healthier, and happier. Learn how to manage symptoms and stress.

**Thursday, August 28
through September 26**

1-3:30 p.m. at the Grant Center, 285 Livingston Street. Register by calling (828) 251-8364. Donations accepted but not required.